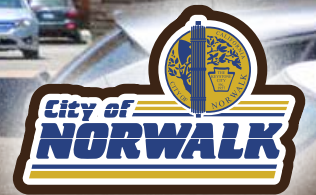


# City of Norwalk Social Services Department Schedule of Events Fall 2014





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## Important Phone Numbers

Norwalk Social Services Center.....	929-5544
11929 Alondra Boulevard	
Norwalk Senior Center.....	929-5580
14040 San Antonio Drive	
Norwalk Child Development Program.....	462-1713
11929 Alondra Boulevard	

### Social Services Staff

Veronica Garcia

Director of Social Services.....929-5544

Sandra Benavides

Senior Management Analyst.....929-5679

Gloria Mendoza

Children's Dental Clerk.....929-5544

Gabriela Regalado

Child Care Program Manager.....462-1713

Elizabeth Rock

Recreation Supervisor.....929-5580

Mike Stifel

Senior Services Coordinator.....929-5579

Dispute Resolution Program.....	929-5603
(A.A.R.P.).....	(800) 424-3410
ACCESS Services (Paratransit).....	(800) 827-0829
Alzheimer's Association.....	(800) 660-1993
Child Abuse Hotline.....	(800) 540-4000
Community Legal Services.....	(800) 834-5001
Dial-A-Ride (Customer Service).....	929-5550
Dial-A-Ride Reservations.....	929-7512
Elder Abuse Hotline.....	(877) 477-3646
Family Caregiver Supporter Program.....	(800) 510-2020
Home Delivered Meals (Oldtimers Foundation).....	(323) 582-6090 ext. 223
Info Line (LA County).....	(800) 339-6993 or 211
In-Home Supportive Services.....	(888) 944-4477
Long-Term Care Ombudsman.....	(800) 334-9473
Medi-Cal, EBT (Food Stamps).....	(866) 613-3777
Medicare.....	(800) 633-4227
Retired Senior Volunteer Program.....	907-6545
Social Security.....	(800) 772-1213

**Norwalk City Council**  
**Mayor** Marcel Rodarte  
**Vice Mayor** Leonard Shryock  
**Councilmember** Cheri Kelley  
**Councilmember** Mike Mendez  
**Councilmember** Luigi Vernola



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at...  
[www.norwalkca.gov](http://www.norwalkca.gov)

# Norwalk Senior Center

14040 San Antonio Drive • 929-5580

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."

## Center Hours

**Monday - Friday**  
**8:00 a.m. - 7:00 p.m.**

**Saturday**  
**8:00 a.m. - 5:00 p.m.**

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, September 1, 2014 in observance of Labor Day, Tuesday, November 11 in observance of Veteran's Day, and Thursday, November 27 and Friday, November 28, 2014 in observance of the Thanksgiving Holiday. For information regarding programs or services, please call 929-5580.

## "Fun-tastic" Fall Tours!

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled. Tours depart and return to Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call 929-5580.

## Apple Country Jamboree

**Date: Wednesday, September 10**

**Depart: 10:00 a.m.**

**Return: 5:00 p.m.**

**Cost: \$30.00**

**Location: Julian, CA**

**Walking: Moderate**

**Lunch included**

Hidden in the apple growing foothills of historic Oak Glen, Riley's Los Rios Ranch is a working apple orchard and living history farm that features "pick-your-own fruit." Come with us to enjoy an afternoon of crisp, clean mountain air, a country lunch and entertainment at the oldest and largest ranch in Oak Glen! Your afternoon starts off with chips and salsa and freshly popped popcorn while you get to know Riley's history. For lunch you have a choice of Slow Roasted Tri-Tip or BBQ Chicken, with potato salad and biscuits. During lunch you will be entertained by the sounds of Riley's Mountaineers! While there, you can pick your own apples, walk through the beautiful apple orchards or browse through the unique gift shop. Registration, now being taken.



## Laughlin Riverside Casino

**Date: Tuesday-Thursday, October 14 - 16**

**Depart: 8:00 a.m., Tuesday, October 14**

**Return: 6:00 p.m., Thursday, October 16**

**Cost: \$124 Double Occupancy (Two meals included per occupant)**

**\$149 Single Occupancy (Two meals included per occupant)**

**Location: Laughlin, Nevada**

**Walking: High**

Clinging to the banks of the Colorado River, Laughlin, Nevada is an oasis of neon lights and excitement. Spend three fun-filled days and two nights at the Riverside Casino where you can enjoy a variety of restaurants, entertainment, and a full action casino. Norwalk \*resident registration will be taken Monday, September 8, 2014 at 9:00 a.m. Open registration begins Monday, September 15, 2014. Numbers will be distributed at 8:00 a.m. (One number per person).

**\*Photo identification with proof of residency required.**





# Norwalk Senior Center

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## Special Activities

### AARP Smart Driver Course

Saturdays, 8:00 a.m. – 5:00 p.m.

September 13 & November 8

**Cost: \$15.00 for AARP Members and \$20.00 for Non-members**

Payable to AARP by check or money order only. Upon completion, you may be eligible for a discount through your car insurance company.

### AARP Smart Driver Renewal Course

Tuesday, October 21 1:00 – 5:00 p.m.

**Cost: \$15.00 for AARP Members  
\$20.00 for Non-members**

Payable to AARP by check or money order only. Register for the Refresher Course! This course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the eight (8) hour class.

### Grandparents Dance

It's time we show our appreciation and celebrate everything grandparents do! So come and enjoy an afternoon of music and dancing just for you! Everyone in attendance will get to build their own ice cream sundae. Snacks will be available for purchase.

**Saturday, September 20 12:30 – 3:30 p.m.**

**Cost: \$3.00**

### The Great California Shakeout

Millions of people, worldwide, will practice how to Drop, Cover and Hold On at 10:16 a.m. on October 16 during the Great Shakeout Earthquake Drills, which began in California in 2008. Participating is a great way to be prepared to survive and recover quickly from earthquakes, wherever you live, work, or travel.

**Thursday, October 16 10:16 a.m.**

## Wheel of Fortune Game Show

Solve puzzles for your chance to Win Great Prizes! Audience participation is free, and refreshments will be available for purchase. Ticket sales for Norwalk \*residents begins Monday, November 3 at 9:00 a.m. Open ticket sales begin Monday, November 10 at 9:00 a.m. The last day to purchase tickets is Tuesday, November 18. Seating is limited. Tickets will not be sold on the day of the event.

**\*Photo ID with proof of residency required.**

**Wednesday, November 19 2:00-4:00 p.m.**

**Cost: \$3.00 per person**

## Holiday Dinner Dance

Let the warmth of friendship take the chill from the air and the spirit of the season make winter easier to bear! Join us at the Senior Center for an elegant evening as we celebrate the holidays. Dinner choices are Prime Rib (Queen Cut) or Roast Turkey dinner, followed by a traditional apple cider toast to the holidays! Finally, dance the night away to live music! *(formal attire recommended)*

**Thursday, December 18 5:30 – 9:30 p.m.**

**Cost: \$20.00**

## Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

**Theme: Hot Air Balloon**

**Tuesday, September 9 5:45 – 6:30 p.m.**

**Cost: Early bird: \$6.00 per person. Tickets purchased after Saturday, September 6 are \$7.50 per person.**

**Theme: Harvest Carnival**

**Tuesday, October 14 5:45 – 6:30 p.m.**

**Cost: Early bird: \$6.00 per person. Tickets purchased after Saturday, October 11 are \$7.50 per person.**

## Ongoing Activities

### **FREE** Ping Pong!

Come play ping pong with us! Bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

**Ping Pong Table Schedule:**

**Tuesday: 8:30 – 11:30 a.m.**

**Wednesday: 2:00 – 6:30 p.m.**

**Thursday: 8:30 – 11:30 a.m.**

**Saturday: 9:00 a.m. – 4:30 p.m.**



## Karaoke Cabaret



Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing

along to. Songbook available at the front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage! Now twice a month!

**Saturdays, 1:00 – 4:00 p.m.**

**September 13, October 11 & November 8**

**Wednesdays, 2:00 – 5:00 p.m.**

**September 24, October 22 & November 26**

**Cost: Free**

## Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot, delicious and healthy meal.

**Monday - Friday at 11:30 a.m.**

**Suggested Donation: 60 and older \$2.25;**

**Under 60, Fee: \$4.25**

**Menu available on our website.**

Call 929-5544 or visit [www.norwalkca.gov](http://www.norwalkca.gov) for more information.

# Norwalk Senior Center

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## Bingo!

Come try your luck at Bingo! Players age 18 and older are welcome.

**Monday & Friday 1:15 - 4:15 p.m.**

**Cost: 50¢ per 50/50 Paper card**

**\$1.00 per paper pack (8 sheets per pack)**

**\$1.00 per Double Action Paper card**

*(Sponsored by Norwalk Senior Citizens Center, Inc.)*

Bingo will not be in session on Monday, September 1, 2014 in observance of Labor Day, and Friday, November 28, 2014 in observance of the Thanksgiving Holiday.

## Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Cardio and weight equipment is available to those age 50 and older. Orientation with staff is required prior to use. We recommend that you consult your physician prior to any physical activity. Contact us today to schedule your orientation appointment.

**Monday 9:00 a.m. – 12:50 p.m.  
2:30 – 6:30 p.m.**

**Tuesday 8:00 a.m. – 6:30 p.m.**

**Wednesday 9:00 a.m. – 6:30 p.m.**

**Thursday 8:00 a.m. – 6:30 p.m.**

**Friday 9:00 a.m. – 12:20 p.m.**

**4:00 – 6:30 p.m.**

**Saturday 8:00 – 10:50 a.m.**

**Noon – 4:30 p.m.**



## Computer Lab Hours

The Senior Center has a computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

**Monday, Wednesday - Friday**

**8:00 a.m. - 6:30 p.m.**

**Tuesday 8:00 a.m. - 1:45 p.m., 4:15 - 6:30 p.m.**

**Saturday 8:00 a.m. - 4:30 p.m.**



**Monday - Friday**

**8:00 a.m. - 6:30 p.m.**

**Saturday**

**8:00 a.m. - 4:30 p.m.**

**Cost: Free**

## Pool Tournaments

Points will be awarded top three players. Players with the most points, at the end of the year, will be invited to our Year-End Shootout.

**Level A (Advanced players only).**

**12:30 p.m. (Every second Wednesday of the month)**

**Cost: Free**

Registration dates are pre-scheduled open to men and women age 50 and older. Call 929-5580 for registration dates.

**Level B (Novice players only)**

**12:30 p.m. (Every third Wednesday of the month)**

**Cost: Free**

Registration dates are pre-scheduled open to men and women age 50 and older. Call 929-5580 for registration dates.

## Dances

### Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to fun Western tunes.

**Every Thursday**

**5:30 p.m.**

**Cost: Free**

## Movie Madness

Join us for a FREE movie and popcorn! Newly released movies are featured for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call 929-5580.

### Tuesday Movie Matinee

**Every Tuesday**

**1:30 & 4:30 p.m.**

**Cost: Free**

*(Every Second Tuesday of the Month, there will only be the 1:30 p.m. movie showing).*

### Saturday Movie Matinee

**Every third Saturday of the month**

**11:00 a.m. and 2:00 p.m.**

**Cost: Free**

## Volunteer Opportunities

Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there are opportunities for



you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support. As a volunteer, you will enjoy monthly volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction of making a difference in your own life as well as in the lives of the community. Please call 929-5580 for further information, or stop by the Norwalk Senior Center and complete a volunteer application. We are waiting for you!





# Norwalk Senior Center

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## Supportive Services Program (SSP)\*



Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

## Case Management\*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. These services specifically address client needs for safety and quality of life.

## Homemaking\*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

## Personal Care\*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

## Registry Services\*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Social services staff is available to assist clients with the employment of an in-home worker.

\*These services are free of cost and funded by the Los Angeles Area Agency on Aging-Community and Senior Services. Please call **(562) 929-5580** for more information or to schedule an appointment with social services staff.

## Home Delivered Meals

Home delivered meals are available for homebound seniors, age 60 and older. For information on eligibility and meal delivery, please call the Oldtimers Foundation at **(323) 582-6090 ext 223**.

## File of Life

The File of Life is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at The Norwalk Senior Center. Appointment required.

## Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling **929-5533**. Applications are also available at the Norwalk Senior Center and the Social Services Center.



## Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch Monday through Friday at the Senior Center, you may enroll, and bypass making appointments for your daily ride. Simply call Norwalk Transit if you do not want to be picked up for lunch. Use of this service does not guarantee a meal. For more information, please call Transit Customer Service at **929-5550**.

## Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Receive help in restarting your life and release your grief. Sponsored by Low Cost Community Counseling Center. Newcomers welcome.

**Every Friday**

**10:00 – 11:00 a.m.**

**Cost: Free**

## CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be here to provide you with program information and application completion!

**Second Wednesday each month**

**9:00 a.m. – Noon**

**Cost: Free**

## Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

**Wednesday, October 22**

**10:00 a.m.**

**Cost: Free**

# Norwalk Senior Center

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## Health Services

The Norwalk Senior Center offers the following ongoing health services:

### Blood Pressure Screenings

Tuesdays & Wednesdays

9:30 a.m.

September 3, 16

October 1, 21

November 5, 18

Cost: Free

(Sponsored by Apple Care, Health Net, and Pioneer Medical Group)

## Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

### Dental Screening

Fridays

10:00 a.m.

September 19

October 17

November 21

Cost: Free (Sponsored by Northeast Dental)



### Neighborhood Watch

Topic: Home Safety

Thursday, September 18 10:30 a.m.

Topic: Safe & Healthy Travel for Seniors

Thursday, November 20 10:30 a.m.

Cost: Free (Sponsored by Norwalk Public Safety)

## Senior Center Course Schedule

**Session 5: August 25 – October 11**

(Registration now being taken)

**Session 6: October 20 – December 6**

(Classes will not meet on Tuesday, November 11, in observance of Veteran's Day, Thursday, November 27 and Friday, November 28, in observance of the Thanksgiving Holiday.)

Session 6 Registration: Wednesday, October 8, 2014 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

## Fitness & Exercise

### City Walkers

How about taking a walk with us! Taking 10,000 steps a day is recommended for good health. The City Walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. It is a great opportunity to work out and enjoy the company of friends. Newcomers are always welcome.

**Session 5: August 25 – October 10**

(Classes will not meet on Monday, September 1, in observance of Labor Day)

**Session 6: October 20 – December 6**

(Classes will not meet on Friday, November 28, in observance of the Thanksgiving Holiday)

Monday, Wednesday & Friday

8:30 - 9:30 a.m.

Cost: Free/7 weeks (registration is required)

## Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

**Fall Session: Mondays, 1:00 – 2:30 p.m.**

**August 18 – December 15**

(Classes will not meet on Monday, September 1, in observance of Labor Day)

Cost: Free/ 18 weeks

Instructor: Layne

\*New students may register at anytime with instructor's approval.

(Sponsored by Cerritos College)

## Gentle Stretch\*

This is an easy and relaxing class designed to limber up and stretch your muscles. You will learn exercises to improve flexibility, balance and coordination. Please wear loose or stretch clothing.

**Cost: \$30.00 for those age 50 and older**

**Wednesdays & Fridays, 12:30 – 1:30 p.m.**

**Fall Session: August 15– October 10**

**October 17 – December 19**

(There will be no class on Friday, November 28 in observance of the Thanksgiving Holiday)

Instructor: Baughman

\*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District. (Sponsored by Norwalk/La Mirada Unified Adult School)



## Norwalk Senior Center Library Service

Enjoy the convenience of checking out your favorite books without having to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card; applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on the second and fourth Thursday of every month between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at **868-0775** or the Norwalk Senior Center at **929-5580**.



# Norwalk Senior Center

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## Yoga Fitness\*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats provided, or bring your own. Please wear loose or stretch clothing.

**Cost: \$40.00 for those age 50 and older**  
**Fridays, 1:45-3:45 p.m.**

**Fall Session: August 15– October 10**  
**October 17 – December 19**

*(Class will not be held Friday, November 28)*

**Instructor: Baughman**

*\*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District. (Sponsored by Norwalk/La Mirada Unified Adult School)*

## Yoga Stretch

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. Increase your range of motion and become balanced and centered in body, mind, and spirit.

**Fall Session**

**August 18 – December 17, 2014**

**Mondays & Wednesdays, 9:15 - 10:15 a.m.**

*(Class will not be held Monday, September 1)*

**Cost: Free/ 18 weeks**

**Instructor: Jackson**

*(Sponsored by Cerritos College)*

## Zumba

Zumba Fitness is a workout that modifies the movement and rhythm of salsa, merengue, cumbia and reggaeton music with exhilarating, easy to follow moves that suit the needs of the active older participant, as well as those just starting to be fit and healthy. It's a dance-fitness class that is friendly, and most of all, fun!

**Session 5: August 30 – October 4, 201**  
**Saturday, 11:00 – 11:50 a.m.**

**Cost: \$20.00/6 weeks Norwalk Resident**  
**\$30.00/6 weeks Non-resident**

**Instructor: Medrano**

## Dance

### Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

**Easy**

**Session 5: August 30 – October 11**

**Saturday, 9:00 - 9:50 a.m.**

**Session 6: October 25 – December 6**

**Cost: \$5.50/7 weeks Norwalk Resident**

**\$11.00/7 weeks Non-Resident**

**Instructor: Roe**

**Intermediate\***

**Session 5: August 30 – October 11**

**Saturday, 10:00 - 10:50 a.m.**

**Session 6: October 25 – December 6**

**Cost: \$5.50/7 weeks Norwalk Resident**

**\$11.00/7 weeks Non-Resident**

**Instructor: Roe**



## China Painting\*

You will learn how to adorn china using enamel, raised paste, and pen work. Students will learn how to hand paint landscapes, florals, and portraits. The class will also provide instruction in design and color theory.

**Cost: Free**

**Fridays, 9:30 a.m. - 1:00 p.m.**

**Instructor: Jones (Volunteer)**

*\*New students may register at anytime with instructor's approval.*

*(Class will not be held Friday, November 28)*

## Crochet

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

**Session 4: July 2 – August 13, 2014**

**Wednesday, 9:00 - 11:00 a.m.**

**Session 5: August 27 – October 8, 2014**

**Cost: \$5.50/7 weeks Norwalk Resident**

**\$11.00/7 weeks Non-Resident**

**Instructor: Gonzales/Canales**

## Decorative Arts



### Arts & Crafts

Come on Mondays and show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

**Session 5: August 25 – October 6**

**Mondays, 10:00 - 11:00 a.m.**

*(Class will not be held Monday, September 1)*

**Session 6: October 20 – December 1**

**Cost: \$2.00 materials fee**

**Instructor: Staff**

## Swedish Weaving Social

Join us to share your ideas, and socialize, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This beautiful form of weaving dates back hundreds of years and adds special warmth to any home décor. This group meets continually throughout the year. Participants must provide their own equipment and materials

**Cost: Free**

**Monday, 1:00 - 4:00 p.m.**

**Instructor: Volunteers**

*(Class will not be held Monday, September 1)*



# Norwalk Senior Center

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## Quilting Social

Do you sew? Do you like making quilts? Then come down to our Quilting Social! Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. This group meets continually throughout the year. Participants must provide their own equipment and materials.

**Cost:** Free

**Tuesdays, 12:30 - 4:30 p.m.**

*(Class will not be held Tuesday, November 11)*



## Lap Robe Making!!!

Would you like to give back to the community? Then come join a dedicated group, of volunteers, that meets every Tuesday to make lap robe quilts. Every year these lap robes are donated to six local convalescent homes in and around Norwalk, as well as the Veteran's Hospital in Long Beach. Adults' age 50 and older that are interested in volunteering to make Lap Robes may drop by the Norwalk Senior Center on Tuesdays.

**Cost:** Free

**Tuesdays, 9:00 - 11:30 a.m.**

*(Class will not be held Tuesday, November 11)*

## Educational

### The American Cultural Experience\*

Join us to study the significant historical events that transformed our great nation to a democracy and a progressive people. We'll study historical events in the fields of science, technology, health, literature, politics, art, and learn how these events have shaped what we call the modern American experience.

**Fall Session:** Thursdays, 9:00 – 11:00 a.m.

**August 21 – December 18**

*(Class will not be held Thursday, November 27)*

**Cost:** Free *(Sponsored by Cerritos College)*

**Instructor:** Dr. Levy

*\*New students may register at anytime with instructor's approval.*

### Memoir Writing\*

Have you ever wanted to write your life's story, but are looking for the inspiration to get started? Come join this neat writing course. Share thoughts and ideas with others while sharpening your writing skills.

**Fall Session:** Thursdays, 2:00 – 4:00 p.m.

**August 21 – December 18**

*(Class will not held on Thursday, November 27)*

**Cost:** Free *(Sponsored by Cerritos College)*

**Instructor:** Mansell

*\*New students may register anytime with instructor's approval.*

## Computer Classes



### Intro to Personal Computers

In this class, you will gain a basic understanding of how a computer works, terminology, proper keyboarding techniques, and acquire an introduction to Microsoft Windows.

**Session 5:** August 26 – October 14

**Tuesday, 2:00 – 4:00 p.m.**

**Cost:** \$32.00/8 weeks Norwalk Resident and Non-Resident

**Instructor:** Fiske

### Intro to E-mail & Internet

In this class, you will gain a basic understanding of how to use the internet, how to create an email and how to navigate between both.

**Session 6:** October 21 – December 16

**Tuesday, 2:00 – 4:00 p.m.**

*(Class will not be held Tuesday, November 11)*

Visit the official  
City of Norwalk  
website here...  
[norwalkca.gov](http://norwalkca.gov)



# Norwalk Social Services Center

14040 San Antonio Drive • 929-5580

## Norwalk Social Services Center • 11929 Alondra Boulevard • 929-5544

The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff is available to assist.

### Child Development Program - Cuidado de Niños

The City is currently accepting applications for its free or low-cost child care program. This service is available to low-income working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

### Children's Dental Program - Programa Dental para Niños

Low-Cost dental care is available to school age children, grades K through 12. This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5544**.

### Counseling - Consejería

Counseling services for children are provided by Community Family Guidance Center (Norwalk residents). Every Tuesday, 3:30 to 4:30 p.m. Se habla Español. Call **929-5544** for an appointment.

### Dispute Resolution Program - Programa de Resolución De Conflictos

The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

### Job Announcement Board - Lista de Trabajos

Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.



### Learn English - Aprenda Ingles

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 12:00 to 2:00 p.m. Provided by Lutheran Social Services free of charge.

### Paralegal Services - Servicios Legales

Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every first and third Wednesday from Noon to 5:00 p.m. Call **929-5544** for screening and appointment.

### Meal Program for Seniors

**- Programa de Comida para Personas Mayores**  
Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

## Self-Help Support Groups

### Self-Help Support Groups - Grupos de Ayuda:

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information for various issues.

### Alcoholics Anonymous (AA) - Alcohólicos Anónimos

Meets Monday, Wednesday & Friday, 8:00-9:30 p.m. Spanish only.

### Al-Anon - Al-Ano'n

Support group for family and friends of alcoholics. Meets Tuesday, 7:00-9:00 p.m., & Friday, 8:00 p.m. to 10:00 p.m. Spanish only.

### Compulsive Eaters Anonymous (CEA-HOW) - Comedores Compulsivos

Help and nutrition information to control and maintain your weight. Every Tuesday, 10:00-11:30 a.m., Spanish only. Every Thursday, 7:00-8:30 p.m., Spanish only.

**Neurotics Anonymous - Neuróticos Anónimos**  
Mondays and Wednesdays, 7:00-9:00 p.m., Spanish only.

### Su Casa - Ending Domestic Violence

Group counseling session offered every Tuesday from 5:30 to 7:30 p.m. in Spanish only. Individual counseling sessions offered every Wednesday from 5:30 to 8:30 p.m. in English only and alternate Fridays from 1:30 to 4:30 p.m. Call **402-4888** for an appointment.